

Table 8.4: Anxiety Symptoms (Percent)^{1,2,3}

Anxiety Symptoms ⁴	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate ⁵ (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
During the past week, have you . . . ?							
Felt nervous or shaky inside							
No	73.1	73.0	73.5	72.1	76.2	73.2	66.3
A little	15.7	17.0	15.0	14.0	13.5	17.0	16.7
Quite a bit	7.6	7.2	7.5	8.9	8.2	5.3	12.3
Extremely	3.6	2.8	4.0	5.1	2.1	4.4	4.7
Had to avoid certain things, places, or activities because they frighten you							
No	95.1	95.5	93.9	97.0	98.5	93.8	91.6
A little	2.3	2.5	2.2	1.5	1.5	1.9	4.9
Quite a bit	2.3	1.4	3.9	0.9	0.0	4.0	2.6
Extremely	0.3	0.5	0.0	0.6	0.0	0.4	0.9
Felt tense or keyed up							
No	74.4	70.5	77.6	77.3	76.0	75.9	67.1
A little	15.6	18.6	13.5	12.2	15.3	15.5	16.6
Quite a bit	7.7	9.3	6.6	6.1	7.2	6.8	11.3
Extremely	2.3	1.6	2.3	4.4	1.6	1.9	5.1
Felt fearful							
No	89.6	89.5	90.4	87.5	92.7	88.6	85.7
A little	5.8	5.0	6.3	6.8	5.7	5.1	8.1
Quite a bit	3.3	4.2	2.4	3.2	1.7	4.7	2.7
Extremely	1.3	1.3	0.9	2.5	0.0	1.5	3.5
Total symptoms ⁶							
None	58.6	57.2	59.3	60.9	62.8	58.2	51.0
1	22.5	22.4	24.2	18.4	21.3	23.9	21.4
2 or more	18.9	20.5	16.5	20.6	15.9	18.0	27.6

(Women's Health and Aging Study, baseline interview, 1992-1995)

¹ All variables have less than 1% missing data. Results are based on non-missing data.

² Descriptive statistics are based on weighted data.

³ Items come from the anxiety subscale of the Hopkins Symptom Checklist. Derogatis LR, Lipman RS, Rickels K, Uhlenhuth EH, Covi L. (1974). The Hopkins Symptom Checklist (HSCL): A self-report symptom inventory. Behavioral Science 19:1-15.

⁴ Categories for each item may not add up to 100% due to rounding.

⁵ No ADL difficulty; disabled in two or more domains (see Chapter 1).

⁶ Total number of items for which participant reported experiencing the symptom at least "a little."